

1. NAME *

2. GENDER *

Mark only one oval.

☐ Female

☐ Male

☐ Prefer not to say

☐ Other:

3. AGE (IN YEARS ONLY) *

4. OCCUPATION *

5. YOU BELONGS TO *

Mark only one oval.

☐ RURAL (VILLAGE)

☐ URBAN (CITY)

6. WAKE UP TIMING (PRELOCKDOWN) *

7. WAKE UP TIMING (IN LOCK DOWN) *

8. GET UP TIMING (PRELOCKDOWN) *

9. GET UP TIMING (IN LOCK DOWN) *

10. BED TIMING (PRELOCKDOWN) *

11. BED TIMING (IN LOCK DOWN) *

12. SLEEP TIME (PRELOCKDOWN) *

13. SLEEP TIME (IN LOCKDOWN) *

14. DO YOU HAVE TROUBLE MAKING UP YOUR MIND? *

Mark only one oval per row.

	VERY OFTEN	QUITE OFTEN	OCCASIONALLY	VERY RARE	NEVER
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. DO YOU START DOING ONE THING AT HOME AND GET DISTRACTED INTO DOING SOMETHING ELSE *

Mark only one oval per row.

	VERY OFTEN	QUITE OFTEN	OCCASIONALLY	VERY RARE	NEVER
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. AT TIMES, I THINK I AM NO GOOD AT ALL *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. I CERTAINLY FEEL USELESS AT TIMES *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. I TAKE POSITIVE ATTITUDE TOWARDS MYSELF *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. I USUALLY STAY NERVOUS WHOLE DAY *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. I FEEL CONFIDENT ABOUT MY ABILITIES *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. I FEEL FRUSTRATED OR RATTLED ABOUT MY PERFORMANCE *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. I FEEL SELF-CONSCIOUS *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. I FEEL DISPLEASED WITH MYSELF *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. I FEEL GOOD ABOUT MYSELF *

Mark only one oval per row.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. YOU ARE FACING LACK OF CONCENTRATION *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. YOU ARE FACING PROBLEM WITH MAKING DECISIONS *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. YOU HAVE BEEN VERY IRRITATED AND ANGRY VERY OFTEN *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. YOU HAVE BEEN FEELING VERY FATIGUED (TIRED) *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. YOU ARE FEELING THAT EVERYTHING YOU HAVE DONE HAVE BEEN A FAILURE *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. YOU ARE HAVING LACK OF SLEEP *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. YOU ARE HAVING LOSS OF APPETITE *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. YOU ARE HAVING GAIN OF APPETITE *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

33. YOU ARE HAVING TRUST ISSUE WITH EVERYONE AROUND YOU *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34. YOU ARE HAVING TROUBLE IN ALL THE RELATIONSHIPS *

Mark only one oval per row.

	COMPLETELY AGREE	SOMEWHAT AGREE	NEUTRAL	SOMEWHAT DISAGREE	COMPLETELY DISAGREE
PRELOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LOCKDOWN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This content is neither created nor endorsed by Google.

Google Forms